

*M. H. Brown*

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SUGGESTIVE  
RULES AND REGULATIONS  
CONCERNING  
SANITARY GOVERNMENT OF TOWNS,  
FOR THE USE OF  
TOWN BOARDS OF HEALTH.

Presented by the State Board of Health of Connecticut.

1888.

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It is believed that the following rules will commend themselves to the good sense of every intelligent person; that they are so obviously in the interest of the public good, that all well disposed citizens will cheerfully acquiesce in their observance, and that the enactment and enforcement of them in any community will impose no hardship upon any one.

The State Board of Health earnestly commend the consideration of them to all local town boards which have not already adopted similar regulations.

Copies may be obtained by any persons interested in the construction of sanitary ordinances, on application to the Secretary of the State Board of Health.

By order of the Board,

C. A. LINDSLEY, M.D., *Secretary,*

New Haven, Conn.





Wm H Brewer

## PREFATORY NOTE.

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Numerous requests have been received from time to time, for a draft of sanitary regulations adapted to the needs of the average Connecticut town; and more frequently since the recent legislation requiring every town in Connecticut to organize a Local Board of Health.

In response to those requests the following suggestions have been prepared. They are more especially designed for the condition of small communities in rural districts.

For larger populations, as in cities and boroughs, some additional regulations will be necessary, particularly in places where public sewers have been laid, where tenement houses are numerous, etc.

Sanitary regulations such as follow are only valid through the agency of a legally constituted Board of Health. It is therefore of prime importance that a formal and distinct organization as provided by the Statutes, shall first be completed.

SECTION 2588 declares who shall constitute a Town Board of Health.

“The justices of the peace and selectmen in each town and such reputable physicians resident in said town as shall be chosen for that purpose by said justices and selectmen shall constitute a board of health and have all the power necessary and proper for preserving the public health and preventing the spread of malignant diseases therein, and may appoint its president and such health officers, or health committees as it may deem expedient, and delegate to them any of its powers, and the members present at any meeting, convened as the board shall direct, or as by statute provided, shall be a quorum; and may appoint a clerk, who shall be sworn, and shall record the acts of such board.”—  
(*General Statutes*, Sec. 2588.)

SECTION 2590 provides when and how the Board of Health in each town shall organize, by the election of officers, including a Health Officer or Health Committee who shall be endowed with all the powers of the Board. The following is the statute :

“The board of health of each town shall meet annually on the first Wednesday after the first Monday of October, and due notice of such meeting shall be given by the town clerk. At said meeting the officers of said board shall be elected, including a health officer or a health committee, and shall hold their offices until the first Wednesday after the first Monday of the succeeding October, and until their successors are duly elected and sworn. In case of the resignation, removal, incapacity, or death of any of said officers, the board of health may fill the vacancy at a special meeting called for that purpose. Said health officer or health committee shall have all the powers of the board of health.”—(*Sec. 2590, Gen. Stat. of Conn.*)

SECTION 2593 provides in what manner the sanitary regulations of each town Board shall be made valid. It reads as follows :

“It shall be sufficient notice to all persons of any regulation of such board if it be published in a newspaper published in the town or posted for three days on each sign-post in said town ; and if any person shall wilfully violate such rules, after they have been so published or posted, or after actual notice thereof shall have been given to him, he shall forfeit not less than fifteen nor more than one hundred dollars.”—(*Sec. 2593, Gen. Stat. of Conn.*)

Therefore, in order that a Town Board of Health may act with authority, it is necessary that it should be organized legally as the Statutes provide, and that its sanitary regulations be duly published.

These conditions being fulfilled, rules and regulations adopted by Town Boards of Health have all the force of law for the community under the jurisdiction of the adopting board. Every such regulation should have an appropriate title, stating its object and a proper enacting clause.

The following are suggested as suitable to, and requisite for every community, but needing many additional regulations for dense populations and cities.

The prime object in the following is to make the regulations simple, direct and comprehensive, and in substantial accord with existing legislation concerning the public health.

## REGULATIONS CONCERNING SPECIAL NUISANCES.

### *Privy-Vaults, Cesspools and Drains.*

RULE I.—No privy-vault, cesspool or reservoir, into which a privy, water-closet, stable or sink is drained, except it is water-tight, shall be established or permitted within       feet of a well, spring, or other source of water used for drinking or culinary purposes, without written permission of the Board of Health, based upon the advice of the Health Officer or Health Committee. Earth closets, or earth privies, with no vault below the surface of the ground, may be excepted in this Rule, by written permission of the Board of Health, but sufficient dry earth or coal-ashes must be used *daily* to absorb all the fluid part of the deposit. The entire contents must be removed when necessary.

*Note.*—The positive evidence of the infection of water from such sources is so abundant and conclusive that no question of the importance of this regulation can be entertained. The blank respecting distance should be varied in different places, according to the nature of the soil as respects porosity and the formation of the substrata, but in no case should be less than fifty feet. Dry earth and coal-ashes are efficient disinfectants if used in sufficient quantity. Wood-ashes are very inferior disinfectants.

RULE II.—All privy-vaults, cesspools or reservoirs named in Rule I shall be cleaned out at least once a year, between the 15th day of November and the 15th day of March, and not at other seasons except by written permission of the Board of Health, and under such restrictions as the Board may prescribe. And from the first of May to the first of November every privy-vault and cesspool in use shall be thoroughly disinfected

by adding to the contents thereof twice every month two pounds of copperas dissolved in a large pailful of water.

*Note.*—The fermentation which takes place in the filthy contents of these pits generates offensive and sometimes infectious gases which are destroyed by the copperas solution.

Hence the application of the disinfectant is both a matter of comfort and safety.

**RULE III.**—All sewage drains that pass within fifty feet of any source of water supply for drinking or culinary purposes, shall be water-tight, and in sandy and porous sub-soil the limit shall be one hundred feet. And all drains shall be water-tight for a distance of not less than fifty feet from any occupied dwelling, workshop or place of business.

*Note.*—Soakage from drains is as dangerous as from vaults. The contamination of the soil by leaking drains causes a polluted atmosphere which is liable to enter the house, and especially is such polluted air likely to pass into the cellar.

**RULE IV.**—No sewage drain shall empty into any stream, lake, pond or other source of water used for drinking purposes, or for ice supply, or into any standing water, within the jurisdiction of this board.

**RULE V.**—No person shall keep and maintain upon his premises, at any time, any privy, water-closet, cesspool, sink, drain or other like receptacle, except in a cleanly and inoffensive condition.

## REGULATION CONCERNING GARBAGE.

**RULE VI.**—No person shall permit the accumulation in or around the immediate vicinity of any dwelling-house or place of business under his control, of refuse matter, such as swill, waste of meat, fish or shells, bones, decaying vegetables, dead carcasses, or any kind of offal, until decomposition may generate unhealthy gases and possibly propagate disease germs.

*Note.*—Such materials in process of decay are believed to be a nuisance of a very objectionable and dangerous kind, and should be removed or disposed of, either by burial, burning, or otherwise, in such manner that they may not be offensive to the neighborhood wherever located.

RULE VII.—No person shall throw, dump, or deposit any filth, garbage, decaying animal or vegetable matter, which may become prejudicial to public health upon any vacant lot, highway, park, or public place. This does not preclude the proper use of fertilizers.

RULE VIII.—No person shall throw, dump, or deposit any offal, or other offensive substances, or the carcass of any animal into any stream, brook, canal, flume, raceway, lake, pond, spring, or into any catch basin or street gutter, within the jurisdiction of this Board.

### REGULATION CONCERNING FOOD.

RULE IX.—No article of food or drink intended for human use or consumption, nor any article which may be used in the composition or preparation of such food or drink, not being then healthy, fresh, sound, wholesome, fit and safe for such use; nor any animal or fish that died by disease or accident, or was slaughtered while diseased; and no carcass of any calf, pig or lamb, which at the time it was slaughtered, was less than four weeks old, and no meat therefrom shall be brought within the limits of the town of . . . or offered or held for sale or sold as food anywhere in said. . .

### REGULATIONS CONCERNING CONTAGIOUS DISEASES.

RULE X.—Every householder within the limits of the town of . . . in whose dwelling shall occur a case of small pox, scarlet fever, diphtheria, typhoid fever, typhus fever, Asiatic cholera, or yellow fever, shall immediately notify the Board of Health of the same. Until instructions are received from said board, or its authorized officers, clothing or other property that may have been exposed to the infection of small pox, scarlet fever, diphtheria, or typhus fever shall not be removed from the house; nor shall any occupant of a house in which any of these diseases are present, change his residence elsewhere, without the consent of the said board, during the prevalence of any public danger from said diseases.



RULE XI.—Every physician who shall have prescribed for or attended any person having any of the diseases named in Rule X, shall forthwith report to this Board in writing, the name, age and address of such person, also the school at which he or she attends, or shop, or factory in which he works; and every attending physician shall also report in writing to this Board the name, age and address of every person who shall have died of any said infectious diseases, giving the specific name thereof within twelve hours after he shall have been informed thereof, and this report shall be in addition to the certificate of death required for the Registrar. Any physician who shall refuse or neglect to make report as herein required within twenty-four hours of the time when he first discovered the nature of the disease, shall forfeit and pay the penalty prescribed in the General Statutes, Section 2593, to wit: not less than fifteen nor more than one hundred dollars, for disobedience of a legal regulation of this Board.

RULE XII.—No superintendent, principal, or teacher of any school, and no parent or guardian of any child attending school shall knowingly permit a child sick with small pox, scarlet fever, diphtheria, measles, whooping cough, scabies or typhus fever, to attend school. Nor shall any child residing in a house in which such disease shall exist be permitted to attend school without a written permit from the Board of Health.

RULE XIII.—No one sick with any contagious disease named in Rule X, and knowing that he has such disease shall come, nor shall any one bring or cause to be brought into the town of . . . any person known or reasonably suspected to be sick with such contagious disease, or any articles which shall have been exposed to infection from any such disease, without a permit from the Board of Health.

RULE XIV.—No person shall hinder or prevent the Board of Health from securing the isolation of any person sick with a contagious disease; the disinfection of any premises or articles which have been exposed to infection; or the using of any methods or means it may deem proper to control the spread of contagious diseases.



RULE XV.—There shall be no public funeral of any person dead from small pox, scarlet fever, measles, diphtheria or typhus fever, without the permit of the Board of Health, and subject to such sanitary orders and regulations as it may prescribe.

RULE XVI.—No one shall enter a passenger car, street car, steamboat, hack, cab, stage, or other public conveyance, knowingly wearing, or having in his or her possession, any clothing or other articles, with which he or she shall have been in attendance upon a person sick with small pox, scarlet fever, or typhus fever, without having had the same disinfected to the satisfaction of the Board of Health.

RULE XVII.—No hack, cab, stage, carriage, horse car, steam car, steamboat, vessel, or other public or private conveyance in which a person has been carried, known to the owner, driver, conductor, captain, master or other person having charge thereof to be sick with small pox, scarlet fever, diphtheria or typhus fever shall be thereafter used for the carrying of any passenger until such vehicle, car, steamboat, or vessel shall have been disinfected to the satisfaction of the Board of Health.

RULE XVIII.—It shall be the duty of the Health Officer or of the Health Committee, whenever informed that any person is sick with small pox, diphtheria, scarlet fever, typhoid fever, typhus fever, Asiatic cholera, or yellow fever, without delay to give such instructions and orders to those in charge of the sick person, with regard to isolation of the sick, disinfection and other necessary precautions, both during the progress of the disease and after recovery, or death, as will best insure the safety of the public.

This Board adopts section 2593 of the General Statutes of Connecticut as,

RULE XIX—to wit:—It shall be sufficient notice to all persons of any regulations of this Board, if it be published in a newspaper in the town, or posted for three days on each signpost in said town; and if any person shall willfully violate such rules, after they have been published or posted, or after actual notice thereof shall have been given to him, he shall forfeit not less than fifteen, nor more than one hundred dollars.

## SANITARY INSPECTOR.

It is earnestly recommended by the State Board, that the Town Boards would generally adopt the following :

RULE XX.—There shall be appointed by this Board of Health a Sanitary Inspector, who shall assist the Health Officer or Health Committee, and perform such duties and service as may from time to time be prescribed by them for the preservation of the public health. His compensation shall be not to exceed . . . dollars per day when on duty.

RULE XXI.—It shall be the duty of the Sanitary Inspector or Inspectors under the direction and supervision of the Health Officer or Health Committee to make a thorough sanitary inspection of the entire area under the jurisdiction of this Board at least once in each year and oftener if necessary. Such inspections shall include all matters affecting the public health; and a report of the sanitary conditions disclosed by the inspectors shall be made to this Board, and this Board shall communicate copies of said reports, or the substance of them to the State Board annually or oftener.



